

WINGSPREAD

WWE superstar takes walk down memory lane



Capt. Matt Gehrke, 559th Flying Training Squadron, shows professional wrestler Shawn Michaels the cockpit of a T-37B. The wrestler toured the base Wednesday. (Photo by Master Sgt. Lee Roberts)

By Staff Sgt. Lindsey Maurice
12th Flying Training Wing Public Affairs

As he walked into the center of the gymnasium, the illuminated stage grabbed his attention. “This is the very spot Kenny and I did that skit – my first wrestling match!” he said, his eyes glowing with excitement.

It was the Randolph High School Talent Show of 1982, when World Wrestling Entertainment superstar Shawn Michaels, then known as Shawn Hickenbottom, showcased the talent and charisma that would carry him through a 20-year career in professional wrestling.

“I remember during the match, Kenny hit me with a chair and I fell down under the table and poured food coloring on myself (as blood),” he said. “It was a lot of fun. He and I even got second or third place for it.”

But Mr. Michaels’ performance on the stage that night wasn’t his only glory moment at Randolph High School. As the 6-foot-1-inch wrestler toured his former school and other familiar places on base Wednesday, to include the officers’ club, “Taj Mahal” and his old house, he said two of the most memorable places were the school’s football field and locker room.

“I spent a lot of time on that field and in that locker room (which was also a weight room back then),” said the former Ro-Hawk linebacker and captain of the team. “Those were some intense times.”

Mr. Michaels played football from the time he was six years old, so when his father got orders to Randolph and his family moved on base, playing for Randolph just seemed like the natural thing to do, plus it was a way for him to fit in and make some friends, he said.

As much as he enjoyed football, Mr. Michaels said he knew at age 12 he was destined to be a professional wrestler.

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Environmental flight manager earns national recognition

By Bob Hieronymus
Wingspread staff writer

Randolph’s environmental flight manager was recently awarded an Honorable Mention in the 2004 White House Closing the Circle Awards, recycling category.

This is the second time in two years that the work of John Wildie, 12th Civil Engineer Directorate, has been recognized at the national level. Last year, he won recognition for his work in reducing hazardous wastes on base.

This year’s topic was “Build Better Mouse Traps.” “It’s a play on words,” Mr. Wildie said. “To get across the idea of recycling, sometimes you have to ‘trap’ people into seeing the need for recycling and change their attitudes. Finding better ways to encourage or ‘trap’ people into getting involved in recycling is a continuing challenge for any recycling program.”

That is what Mr. Wildie has done with what he calls a four-step base recycling program. “The first step is awareness or education about recycling and the different kinds of recycling containers on base,” he said. “The second step is to ensure that people ‘see’ the containers and that the containers are in easily accessible locations.

The third step is the toughest because it’s getting people to buy into the idea that recycling is the right thing to do and then do it. That step is called acceptance.”

“Finally,” Mr. Wildie said, “we work with contractors who are willing to support the base recycling program by providing access to recycling equipment at no cost to the contractor. The base benefits from having access to equipment we do not have and can not afford and the contractor benefits from being able to sell the products on markets to which they have access.”

“These are the four steps of awareness, accessibility, acceptance and partnership,” Mr. Wildie said.

One of the simple “traps” that encourage people to recycle paper is the 2,000 blue bins that Mr. Wildie purchased with recycling revenues and issued to offices around the base. They are marked with the words “Team Randolph Recycling Program.” The bins fit under most desks and serve as a constant and readily accessible reminder to recycle paper.

Mr. Wildie pointed out that paper wastes, whether whole sheets or shredded strips can be baled and sold to commercial recycling companies, generating revenue for the base. Cross-cut or finely shredded paper can not



(Left) Don Lindsey, recycling coordinator, and John Wildie, 12th Civil Engineer Directorate qualified recycling program manager, pose by the controls of the base’s horizontal baler. The machine is capable of making 1,500 pound bales of cardboard and paper for recycling. (Photo by Bob Hieronymus)

See Award on page 7

12th FLYING TRAINING WING TRAINING TIMELINE										
As of Monday			Navigator, EWO training				Wing Sortie Scoreboard			
Pilot Instructor Training			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual
Squadron	Senior Class	Overall	Air Force	232	Undergraduate	53	T-1A	3,481	3,466	4,383
99th FTS	2.0	0.5	Navy	80	International	9	T-6A	7,810	7,977	9,103
558th FTS	-5.9	-1.1	International	4	EWC Course	0	T-37B	6,515	6,157	7,508
559th FTS	-3.0	-2.6	NIFT	50	Fundamentals	0	T-38C	1,688	1,795	3,612
560th FTS	1.3	1.1					T-43A	979	1,029	1,160
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.				The required and flown numbers reflect sorties since Oct. 1, 2003. The annual numbers are the current fiscal year target.			

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AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 156 Team
Randolph members are
deployed in support of
military operations around
the globe.

- The Randolph
WINGSPREAD
- 12th Flying Training Wing
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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Commander’s Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



Col. John Hesterman
12th Flying Training Wing commander

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial

treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Agency contact numbers	
Security Forces	652-5509
Services	652-5971
Civil Engineers	652-2401
Transportation	652-4314
Military Pay	652-1851
Civilian Pay	652-6480
Safety Office	652-2224
Housing Maintenance	652-1856
12th FTW IG	652-2727
Equal Opportunity	652-4376
FW&A Hotline	652-3665
EEO Complaints	652-3749
Randolph Clinic	652-2933
Base Exchange	674-8917
Commissary	652-5102
Straight Talk	652-7469

Family key to suicide prevention

By Staff Sgt. Angela Pope
4th Fighter Wing Public Affairs

SEYMOUR JOHNSON AIR FORCE BASE, N.C. – I’ve seen the effects of suicide twice since joining the Air Force.

I’d been in for almost two years, and a young Airman who lived down the hallway from me in the dorm hanged himself. I didn’t know him; he had only been at the base for a couple of weeks, in the Air Force for a few months. I never found out why he felt he had no other way, but I’ve learned in my five years in the military there are always options. Someone is always willing to help.

My second brush with suicide happened recently. Again, it was a young Airman, new to the military and to the base. I hadn’t met him, but we lived in the same apartment complex. A few weeks ago, he decided to take his own life.

Why did these two Airmen feel they had no other choice? Did they really think suicide was the best solution to their problems? Did they think about their families and how it would affect them? How about their Air Force family?

Though I didn’t know either of the young Airmen, I shed tears in both cases. It was partly because it hurts to lose a family member, even when it’s not a blood relative, but mainly because I’ve also felt suicidal in my life.

I was 15 and my best friend in the entire world died – my dad. I didn’t understand

why he had been taken from me. I didn’t understand why I had to face such pain. All I could think about was being with him again, and saying the things I never got the chance to say.

I decided I was going to kill myself so I could be with him again.

My mom knew what I wanted to do and said something to me that shook my world. It didn’t make sense to me then, but now, 10 years later, it does, and I thank her for saying it.

She told me my dad would be mad and wouldn’t want to see me if I did that, and I had no right to put her and the rest of my family through that.

So, I stormed off to my room like any teenager would and cried myself to sleep that night, and every night for the next week.

It took years for me to realize she was right. I think back on everything I’ve experienced since then, good and bad, and I’m grateful. I would have missed all of it had her words not gotten to me.

Not everyone in the military has someone on whom they can rely, someone to help them out of the fire.

But what every Airman does have is their Air Force family.

From financial troubles to relationship problems to work-related stress, the Air Force has resources to help with any difficulty. People in the Air Force don’t look at dealing with life’s problems as a burden, they see a wonderful opportunity to

make every member’s life that much better.

And I can speak of that from personal experience, too.

Shortly after I joined the military, I married my boyfriend of two years. He soon became emotionally abusive and we divorced a few months later. I was a wreck physically, mentally and financially. I dropped 20 pounds in less than two weeks because I lost my appetite and didn’t eat. I couldn’t concentrate on work because of my emotional distress. I couldn’t pay my bills because of the mounting debts my ex-husband incurred and left for me to pay. I felt I was no good to myself or to the Air Force and I wanted out.

Thanks to a warm-hearted supervisor, a caring doctor, a chaplain, a counselor and the Air Force Aid Society, I was nursed back to health and shown that I did have a place in the Air Force.

So, during two very hard times in my life, I had two different families on which to rely, two families I love and cherish dearly, two families who will do anything to keep me a part of theirs.

The rough times will pass. But please don’t feel like you have to tackle them by yourself. Call a friend, your supervisor, your first sergeant, a chaplain or life skills. Or if you don’t want to share your feelings with them, call the National Suicide Hotline at (800) SUICIDE.

Take it from someone who’s been there, suicide isn’t the answer. Family is.

(Courtesy of Air Force Print News)

Attention to detail prevents mishaps

By Gen. Robert “Doc” Foglesong
U.S. Air Forces in Europe commander

RAMSTEIN AIR BASE, Germany – A recent rash of mishaps in my command compels me to ask all Airmen to take a moment to step back and assess attention to detail in their work and home activities.

Several mishaps within the past two months could have been averted if individuals had paid more attention to detail in their activity at hand. We had an F-16 ingest a plastic pod cover into its engine; a KC-135 crew damage its multi-point refueling system; and three F-15 aircraft sustain various levels of damage from bird strikes within a two-hour period. In addition, during transport activities, a C-130 propeller unit was damaged when dropped from a forklift.

In off-duty activities, we’ve also had some preventable accidents. A couple was seriously injured in a head-on collision when the distracted driver drifted left of the centerline, and a motorcyclist is still in serious condition after he drifted wide in a turn and struck a guard rail.

These mishaps represent a disturbing trend that must be stopped before we lose an aircraft, or worse, a life. The investigations of these mishaps are still ongoing, but in each case there appears to have been an opportunity for the individuals involved to pay closer attention to

the task at hand. Had they paid closer attention, they would have been able to assess the risks of their actions and make a decision that could have reduced risk and potentially averted the mishap.

The investigations will likely yield recommendations to further improve procedures. However, there is never a substitute for active leadership, at all levels, to keep everyone properly focused on completing their tasks correctly.

Whether it is a last check to remove covers before a jet engine start, or putting off distractions to keep in the proper lane while driving, I need commanders and supervisors to emphasize the importance of keeping each individual focused on each task. Attention to detail, following established procedures and guarding against complacency are still our best front-line defense against mishaps.

You must put forth a renewed effort to emphasize attention to detail in daily tasks. We cannot afford to lose combat capability by destroying an aircraft, aircraft parts, or other resources. And finally, we can never replace the enthusiasm and courage each individual brings to our Air Force if he or she is injured or killed in a preventable mishap. Do your part to lead the charge in stopping this trend of mishaps!

(Courtesy of Air Force Print News)

Congratulations Retirees

July 30
Senior Master Sgt. Darryl Curvin
Air Education and Training Command

Thursday
Senior Master Sgt. Jill Troyer
Electronic Systems Center

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Team Randolph quarterly award recipients announced

By Staff Sgt. Lindsey Maurice
12th Flying Training Wing Public Affairs

Nine base members were recognized as Team Randolph's best July 28, during the quarterly awards luncheon at the enlisted club.

The luncheon recognizes top performers among the host wing and all base tenant units.

During the luncheon, wing leadership presented trophies to the winners. Each quarterly award winner also received

various prizes from local community sponsors.

The winners are:

Junior enlisted member
Senior Airman Gilberto Wilson, 12th Flying Training Wing NCO

Senior NCO
Staff Sgt. Larry James, 12th FTW

Senior NCO
Master Sgt. Marc Lamontagne, 12th FTW

Company grade officer
Capt. Vanessa Harris, 12th FTW

Senior Civilian
Cherlyn Koehler, Air Education and Training Command

Intermediate Civilian
Maria De Los Santos, Air Force Personnel Center

Junior Civilian
Nancy Walsh, AETC

Honor guard junior enlisted member
Senior Airman Gregory Hale, AETC

Honor guard NCO
Staff Sgt. Eric Bowman, Electronic Systems Center



Senior Airman
Gilberto Wilson



Senior Airman
Gregory Hale



Staff Sgt.
Eric Bowman



Master Sgt.
Marc Lamontagne



Nancy Walsh



Cherlyn Koehler

Air Force approves Humanitarian Service Medal for OEF

The Air Force has authorized wear of the Humanitarian Service medal for Operation Enduring Freedom.

During OEF hundreds of Airmen participated in the packaging and delivery of nearly 2.5 million individual Human Daily Rations that were air-dropped to beleaguered Afghans.

The medal recognizes this and other humanitarian operations that took place from Oct. 7, 2001 to May 31, 2002.

To qualify for the medal, Airmen must have been individually assigned or attached to a unit participating in the



humanitarian efforts and have provided direct, hands-on participation in the relief actions that affected locations within the land area, airspace, or waters of Afghanistan, Uzbekistan, Pakistan, Gulf of Oman, or the Arabian Sea designated as 20 degrees north latitude and west of 68 degrees longitude.

Other Airmen, such as aircrews, who may be approved are those who were in direct support of OEF humanitarian operations from stateside locations, or deployed locations overseas and were assigned to or working

from one of the following locations: Combined Air Operations Center, Prince Sultan Air Base, Saudi Arabia; Regional Air Movement Control Center, Al Udeid, Qatar; 437th Expeditionary Airlift Squadron or 37th Airlift Squadron, Ramstein Air Base, Germany; 351st Air Refueling Squadron, RAF Mildenhall UK; 2nd Space Operations Squadron, Falcon Air Force Base, Colo.; 315th Airlift Wing, Charleston AFB, S.C.; 62nd and 446th Airlift wings, McChord AFB, Wash.

For more information, contact the local military personnel flight's awards and decorations section at 652-3848 or call the Air Force Contact Center at (800) 616-3775. (Courtesy of Air Force Personnel Center)

NEWS BRIEFS

Orders approving officials briefing

The 12th Comptroller Squadron is conducting a mandatory briefing for all orders approving officials at 9 a.m. Wednesday in the base theater. Topics covered will be proportional per diem and blanket travel orders.

For more information, call 652-1858.

Changes to stock at base Pharmacy

The Brooke Army Medical Center deleted several medications from its list of medications stocked at the pharmacy, to include Allegra, Celebrex, Vioxx and Zyrtec. In response to these changes, the Air Staff directed all Air Force pharmacies to delete Celebrex and Allegrav from their formularies as well.

Because the 12th Medical Group is a small family practice facility, it does not have the resources to absorb all the prescriptions for these medications that were formerly filled at BAMC. The Randolph Pharmacy also deleted Zyrtec (except for children ages 6 to 24 months of age).

The Randolph Pharmacy no longer accepts or fills any new prescriptions for Allegra, Celebrex or Zyrtec. As a courtesy to patients seeing civilian providers, these patients are given the option of receiving a

30-day supply of these medications, with no refill, to allow them time to get back with their providers.

For patients with refills left on existing prescriptions, they are allowed one last refill, but only through Oct. 31.

The pharmacy has information on the TRICARE Mail Order Pharmacy (for beneficiaries without other health insurance that covers prescriptions) or interested persons may call 1-866-363-8667 for more information on this option.

For more information, call Lt. Col. Cynthia Lee at 652-6742.

BX food court closures

Starting Monday, the base exchange restaurants Frank's Franks and Anthony's Pizza are closing for renovation for approximately 60 days.

For more information, call 652-2681.

Correction to visitor center move date

The Aug. 9 move date for the visitor center published in the July 30 issue of the Wingspread was incorrect. The actual move date for the visitor center to the East Gate has not been established yet. Once a date is determined, notification will be published ahead of time.

Michaels

Continued from Page 1

"I remember seeing my first wrestling match here on TV," he said. "I knew immediately that was what I wanted to do."

After graduating from Randolph High School in 1983, Mr. Michaels headed to Southwest Texas State University. But after two semesters, his calling to become a wrestler intensified, so he left college and met with a Southwest Championship Wrestling promoter.

From there, his wrestling career slowly took off and eventually exploded on the World Wrestling Federation scene, becoming the legend fans today refer to as the "Heartbreak Kid" or the "Showstopper."

"I've had a great career in wrestling," he said. "But it isn't always easy. I've traveled all over the world, but haven't seen any of it – just scenery out of windows, hotel rooms and restaurants."

The wrestler reflected on how great life was as a child, growing up on military bases, namely Randolph.

"Things were so simple then – hanging out at the youth center, going swimming in the base pool, playing on the ball fields – not a care in the world," he said. "Being inside these gates, I knew I was safe."

During Mr. Michaels' youth, he and his

family were stationed in Arizona, England, Washington, D.C., and Texas. The wrestler also lived in Iowa with his mother, brothers and sister at one point, while his dad served in the Vietnam War.

The wrestler's father retired from the Air Force at Randolph as a colonel with 25 years of service.

"I have a lot of great memories of my time at Randolph," said Mr. Michaels. "I'll never forget this place and the people I knew here."



Jevack Ragadio, Randolph High School junior, poses with professional wrestler and former Ro-Hawk Shawn Michaels, during the Ro-Hawks football practice Wednesday. (Photo by Master Sgt. Lee Roberts)



2nd Lt. Duane Beville
KC-135
McConnell AFB, Kan.



2nd Lt. Christopher Carroll
B-52
Barksdale AFB, La.



2nd Lt. Aarron Cornine
E-8
Robbins AFB, Ga.



Ensign Samuel Cruz
P-3
NAS Brunswick, Maine



2nd Lt. Tanya Culbert
RC-135
Offutt AFB, Neb.



Ensign Chris Dirkschneider
P-3
NAS Brunswick, Maine



Ensign Bryce Donovan
E-6
Tinker AFB, Okla.



2nd Lt. Ryan Ellis
EC-130 (EWO)
Davis-Monthan AFB, Ariz.



Lt. j.g. Christine Felice
P-3
NAS Brunswick, Maine



2nd Lt. Brian Flanigan
AC-130
Hurlburt Field, Fla.



2nd Lt. Bernie King
B-52
Barksdale AFB, La.



Ensign Joshua Kingston
P-3
NAS Jacksonville, Fla.



2nd Lt. Nathan Lewis
RC-135 (EWO)
Offutt AFB, Neb.



Ensign Jonathan Lyman
P-3
MCAS Kaneohe Bay, Hawaii



2nd Lt. Laura Manaker
C-130
Elmendorf AFB, Alaska



Ensign Ryan Markey
EP-3
NAS Whidbey Island, Wash.



2nd Lt. Daniel Moser
AC-130 (EWO)
Hurlburt Field, Fla.



2nd Lt. Ryan Ott
AC-130 (EWO)
Hurlburt Field, Fla.



Ensign Adam Pace
P-3
MCAS Kaneohe Bay, Hawaii



2nd Lt. Anthony Pattinson
C-130
Little Rock AFB, Ark.



2nd Lt. David Payne
MC-130
Duke Field, Fla.



Ensign Gary Ramsey
EP-3
NAS Rota, Spain



2nd Lt. Bradley Reick
C-130
Dyess AFB, Texas



2nd Lt. Richard Sandwick
B-52
Barksdale AFB, La.



2nd Lt. Harold Shaw
E-8
Robbins AFB, Ga.



2nd Lt. Casey Stedman
E-3
Tinker AFB, Okla.



2nd Lt. Timothy Street
C-130
130th Airlift Wing, W.V. ANG



2nd Lt. Brian Wehry
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. Steven Witter
C-130
Pope AFB, N.C.



Ensign Matthew Woodin
P-3
NAS Whidbey Island, Wash.

JSUNT graduation set for today

By Staff Sgt. Lindsey Maurice
12th Flying Training Wing Public Affairs

Twenty Air Force and 10 Navy aviators receive their navigator and naval flight officer wings during a Joint Specialized Undergraduate Navigator Training graduation ceremony here today.

The ceremony is at 10 a.m. in the Randolph Officers' Club.

The guest speaker for today's graduation is retired Maj. Gen. William Bowden.

General Bowden served 35 years of active duty working in both the navigator-bombardier and logistics/maintenance career fields. During his career he held positions such as the Air Logistics Center commander.

The general flew 4,500 hours primarily as a B-52 navigator-bombardier and is a Vietnam War veteran in B-52 Arc Light Operations, flying 44

combat missions. For his service he was awarded two Air Medals.

Col. John Hesterman, 12th Flying Training Wing commander, is presenting the students with their respective service's silver wings or gold wings, as well as presenting four special awards during the ceremony.

The awards being presented during the graduation are:

• **Air Education and Training Command Commander's Cup Award:** Presented to the most outstanding graduate based on demonstrated excellence in all phases of training while exhibiting strong qualities of professionalism and leadership.

• **Alden C. Markey Award:** Presented to the top Navy graduate based on performance in all phases of training.

• **Ira J. Husik Award:** Presented to the navigator achieving the highest standard of excellence

during the flying phase of training.

• **Jack Donovan Award:** Presented to the top electronic warfare officer graduate who has distinguished himself or herself from his or her peers by outstanding airmanship, academic performance and officership.

In addition, the top academic navigator and EWO graduate are recognized with an award.



Battle of the Groups

The following is the status for the 12th Flying Training Wing's Battle of the Groups summer safety competition as of Tuesday: The ultimate goal for each group is to get the least amount of points. Each group is penalized with 1,000 points per reportable mishap, 10,000 per DUI and 1,000 for each member caught not wearing a seatbelt on base. The group population and the numbers listed above are used in a formula to level the playing ground between the groups. Unit members can do various safety promotional events such as seatbelt checks to negate some of the points assessed against a group. The grading scale for reduction points is based on innovation and originality, the number of members involved and the amount of time put into the event. (Information provided by the 12th FTW safety office.)

12th Maintenance Directorate -38.00
12th Medical Group -54.1973

12th Mission Support Group -79.1585
12th Operations Group -25.9036

Attack helicopters fly out of Randolph

Singapore Air Force crews participate in military exercise

By Bob Hieronymus
Wingspread staff writer

With roaring thunder that boasts of power and force, three AH-64D Apache Longbow attack helicopters recently launched out of Randolph.

These Apaches, belonging to the Peace Vanguard Detachment of the Republic of Singapore Air Force, were here for a week for a command and control exercise being conducted at Camp Bullis in cooperation with the U.S. Army. The aircraft and crews left Monday.

“This is the first time our Apaches have been a part of the Tiger Balm exercises, so our experience here added a new dimension to the training,” said Lt. Col. Christopher Wong, RSAF Peace Vanguard detachment commander.

Tiger Balm is a series of bi-lateral exercises, conducted by the U.S. Army Pacific and the Singapore defense forces. In alternate years the exercises are conducted at Singaporean or American facilities.

The RSAF crews are currently based in Marana, Ariz., where they conduct their training. The first of the Boeing-built Apache Longbows are scheduled to begin operations in Singapore in 2006, but there will be a continuing requirement for training in Arizona because of the limited training airspace within their own country, said Colonel Wong.

Although the Peace Vanguard Apache detachment has been in place for only two years, the RSAF has maintained detachments for F-16 training at Luke Air Force Base, Ariz., and Cannon AFB, N.M., since 1988.

The attack Apache AH-64D Longbows are powered by twin, 1,700 horsepower turbine engines, and can carry various mixed ordnance loads of up to sixteen Hellfire air-to-ground rockets, two pods of 2.75 inch rockets, four air-to-air missiles, and a 30 mm chain gun with 1,250 rounds of armor-piercing ammunition.

The Apaches are equipped with a millimeter-wave radar, night vision sensors, television targeting devices, forward-



(Above) An AH-64D Apache Longbow attack helicopter of the Republic of Singapore Air Force departs from Randolph recently for a bi-lateral exercise conducted at Camp Bullis. The mixed load of Hellfire missiles, rockets and machine gun are visible here, along with the signature radome that identifies this lethal machine now used by eight allied nations. (Below) Two of the Apache Longbows fly past the Randolph East Tower on their way out to the exercise area. (Photos by Bob Hieronymus)

looking infra-red search and detection systems and laser range finders. Helmet-mounted sighting systems present targeting data directly to the pilot and copilot/gunner. In addition, the Apaches weapons suite includes electronic warfare devices, infrared countermeasures equipment, laser warning receivers, and chaff dispensers. All this in an airframe that can cruise at 150 knots and climb at close to 3,000 feet per minute.

According to an Army technology bulletin, “the Apache Longbow is the most lethal, survivable, deployable and maintainable multimission helicopter in the world.”

Colonel Wong expressed his appreciation to the people at Randolph for the support he and his group received during their stay.

“From the people at base operations and weather, to the maintenance and refueling people, and the people at the temporary lodging facility, everyone was so helpful,” he said. “We want to say thank you for your support. You made our stay here very pleasant.”



Liaison officers provide link to naval airpower during JEFX

By 1st Lt. James Bressendorff
Joint Expeditionary Force Experiment 2004
Public Affairs

NELLIS AIR FORCE BASE, Nev. – For Sailors, it is not the typical tour of duty – witnessing rows of Airmen dimly outlined against the faint glow of computer screens requesting naval airpower for a coordinated strike against enemy assets.

The setting is the Combined Air and Space Operations Center and the tour of duty is the Naval Amphibious Liaison Element, part of the Joint Expeditionary Force Experiment 2004 at Nellis Air Force Base, Nev.

JEFX is an Air Force chief of staff-sponsored experiment that assesses new and emerging technologies.



An F/A-18F Super Hornet assigned to the “Diamondbacks” from Strike Fighter Squadron One Zero Two (VFA-102) prepares to launch off the flight deck of USS Kitty Hawk (CV 63). The F/A-18 F Super Hornet was one of several Navy aircraft used in the recent Joint Expeditionary Force Experiment 2004 at Nellis Air Force Base, Nev. (Photo by Photographer’s Mate 3rd Class Jonathan Chandler)

“The (element’s) role in the CAOC is to coordinate naval assets to the combined force air component commander for use in achieving campaign objectives,” said Navy Capt. Tom Benefield, senior Navy liaison to JEFX 04. “We’re also here to demonstrate the full capabilities of the F/A-18F Super Hornet, EA6B Prowler and the EP-3E Aries in a joint environment.”

Among those capabilities linked to JEFX initiatives are “near real-time machine-to-machine transfer of imagery and targeting information from the Army, special operations forces and Air Force platforms to naval F/A-18F aircraft,” said Captain Benefield.

The benefits of naval integration within the CAOC are also evident in the unique power-projection capability the Navy provides.

“Naval air forces and cruise missiles from our subs and ships at sea provide strike assets but do not require host-nation approval or basing,” said Capt. Benefield. “With the addition of Marine forces we can provide the joint commander with additional strike options and land forces from the sea.”

NALE officer Lt. Cmdr. George Byrd said the Navy provides “an enabling capability at the start of combat operations to the CFACC.”

But the commander admits that within a joint environment everything is not as easy as it seems.

“From an air perspective, (Navy and Air Force personnel are) integrating well together, but its not completely homogenous,” said Commander Byrd.

“However,” he adds, “with ongoing joint training and operational experience, integration is becoming more and more seamless.”

(Courtesy of Air Force Print News)

49 YEARS Ago

in the Wingspread

☆ Secretary of the Air Force Harold Talbot resigned because of what he called “unfortunate and distorted publicity” regarding his continued association with a private company that had no defense-related business. During Congressional hearings, he acknowledged doing “about two and a half days of business in two and a half years” on behalf of the Mulligan Company while serving as Secretary of the Air Force.

Talbot was credited with bringing many significant changes to the Air Force during his tenure. These included the opening of the Air Force Academy, deployment of three types of inter-continental missiles, conversion to an all-jet bomber and fighter force, twice a month pay days for enlisted people, and dislocation pay equal to one month’s quarters allowance for people making permanent changes of station.

He was credited as being the most traveled secretary, having visited more bases around the world than any other secretary.

☆ The Randolph Players was preparing to hold its annual election of officers. The Players, who formally organized their group in 1952, are people interested in theater arts on the base. They were reported to have presented Christmas pageants for children, helped with Red Cross activities, and presented five major theater productions on base in the preceding three years.

Customers applaud AFPC Contact Center

By James Brabenec
Air Force Personnel Center
Public Affairs

“This is the best program for answering questions. I always find out exactly what I need, and the 24-hour access is great since I’m stationed in Japan.”

Comments such as this submitted by an Airman during a customer satisfaction survey point to the favorable response for the Air Force Personnel Contact Center.

Staffed 24 hours a day, seven days a week (except for Independence Day, Thanksgiving, Christmas and New Year’s Day), the Contact Center staff answers questions from hundreds of people a day from around the world. They respond via the telephone, e-mail or interactive Web-based chat sessions to meet the varied communications requirements of their customers.

“Customers, especially those overseas, enjoy the interactive chat function as an alternative to inconvenient international calls,” said Jackie Holland, Contact Center task manager. “We also receive favorable responses from shift workers who appreciate getting answers to their questions at a time convenient to them instead of their local

“The Air Force prides itself on taking care of its own, and the Contact Center is proof of that. We work hard to ensure we have the right people with the proper skills and tools necessary to take care of our customers, whether they are home based or deployed personnel, retirees or otherwise.”

Lt. Col. Jacqueline Harry
Air Force Personnel Contact Center branch chief

military personnel flights.”

Air Force Personnel Center officials see the positive customer feedback as a good indicator that using a Web-based, self-service format for personnel questions should continue to benefit customers.

“The Air Force prides itself on taking care of its own, and the Contact Center is proof of that. We work hard to ensure we have the right people with the proper skills and tools necessary to take care of our customers, whether they are home based or deployed personnel, retirees or otherwise,” said Lt. Col. Jacqueline Harry, Contact Center branch chief.

Currently, the Contact Center handles about 2,500 inquiries a week. With a staff of 12 people working during peak hours and four people for non-peak hours, quantity has not diminished quality. Although the Contact Center has seen significant growth in customer requests, particularly after adding support for Virtual MPF applications, it continues to maintain an average 95-percent closure, or satisfactory response, within 24 hours of the initial contact.

The Contact Center meets this customer service response through the expertise of its agents, most of whom hold more than 20 years of personnel experience.

“Our staff understands the Air Force culture and personnel field, and they can adapt quickly to the many challenges and changes taking place,” said Colonel Harry. “The transition from an operation staffed entirely with active duty members to one comprised of mostly contractors has been transparent to our customers. When customers contact us, they don’t know whether they are speaking to an active duty member, a retiree or a contractor. That speaks well for the teamwork and experience everyone brings to the table.”

As technology and change continue to reshape the Air Force, the Contact Center will continue to play a significant role in the distribution of personnel-related information.

“Our challenge is to maintain excellent service even as the Contact Center expands to take on more responsibilities currently provided by local MPFs,” said Ms. Holland.

For more information on the Contact Center or to submit a question, click on the Air Force Contact Center link on the AFPC Web site at www.afpc.randolph.af.mil. To talk with a customer service agent, call DSN 665-5000, 565-5000 or toll-free at (800) 616-3775.

Operation Blue to Green

Airmen, Sailors given opportunity to serve as Soldiers

WASHINGTON – Sailors and Airmen may soon be able to “Go Army” under a new Defense Department program intended to rebalance the size of the military. The program is generating new opportunities for continued service and career advancement for those willing to transfer into the Army from other services.

Under “Operation Blue to Green,” the Army will reach out to Sailors and Airmen and underscore the advantages of swapping their current uniform for Army green.

“We admire everyone who serves in the nation’s uniform,” said Lt. Gen. “Buster” Hagenbeck, the Army’s uniformed personnel chief, “but I know that anyone who looks closely at today’s Army will find a lot to be excited about – we are growing, and we need experienced people to lead that transition.”

Both the House and the Senate have shown an interest in hiking Army strength by perhaps tens of thousands over the next few years, although the final number has not yet been set, officials said.

At the same time, the Navy is planning a force reduction of 8,000 in fiscal 2005, with the Air Force trimming more than 20,000 over the same period.

When the shifts are done, officials said, Pentagon leaders are determined to see to it that the best people are still in uniform – even if that means a different uniform. And they plan to achieve that outcome entirely by way of voluntary choice.

Where necessary, the Army plans to use bonuses to stimulate the needed service transfers and to carefully guide the experience mix so that promotions stay strong.



The focus of the effort centers on grades E-1 through E-5, but other grades will be considered in meeting Army needs. For example, the Army will continue to have a sizable demand in areas that share much common ground with other services in knowledge, skill and ability. These include law enforcement, health care, communications and intelligence.

As an incentive to join the Army under Operation Blue to Green, bonuses are being offered to those who have skills that convert to the Army’s most needed military occupational specialties.

There are 120 Air Force specialties that will transfer into 37 Army jobs, and the Navy has 112 ratings that will transfer into 42 Army specialties, said Col. Norvel Dillard, chief of the Army’s enlisted accessions division.

“Those are ‘Job One,’ but we’re looking

at others as well,” said the colonel. “We’re also looking for officers, primarily junior officers.”

Anyone who makes the shift would carry over all creditable active federal service, and procedures will ensure that those migrating within the active force experience no break in service.

General Hagenbeck said the program is being designed to make certain there is no break in service and no impact on Montgomery G.I. Bill benefits already “banked” by a servicemember.

The procedure is generally expected to operate like this:

The Army will first match its needs to the skills in other services. An outgrowth of that effort will be the identification of places where that audience is concentrated, so that an orientation team can be scheduled to visit that base. The team would then meet with interested servicemembers and their families and explain the options.

Following a short presentation, one-to-one dialogue would be encouraged with team members on the spot – some from the Army’s Recruiting Command, who can explain the mechanics of the program, and some from operational Army units eager to explain the Army today. The Blue to Green Web site also is being expanded to include chat rooms.

“We are eager to tell our story,” said General Hagenbeck, “and we’ll take whatever time a person needs to make a fully informed choice and to be comfortable with their decisions. We look forward to that dialogue.”

Once a person’s eligibility is confirmed, the losing service would be contacted to

effect an agreement to release. New service agreements would be drafted, and the Sailor or Airman would make the move. In many cases, they would carry a directly transferable skill. Otherwise, training in the new skill would be scheduled as part of the move. In order to qualify, the Sailor or Airman must be eligible for re-enlistment, must be physically fit, and meet Army height and weight standards.

If the skill is transferable, the new Soldier would be scheduled for a new, four-week warrior transition course, where he or she will be offered a curriculum that provides essential skills and abilities needed in the new service. Topics would include an orientation on organization, rank, uniform wear and career progression. The first course is scheduled to start in September at Fort Knox, Ky. It is planned as transition training, not boot camp, officials said.

Those transitioning to a new skill, particularly in combat-arms areas like special operations, would participate in the full range of developmental training to hone current talents and provide a new set of skills and abilities. Officers would not attend a warrior course, but would normally attend training unique to their branch depending on their grade and experience.

Upon transfer, new Soldiers would be eligible to compete for promotion so long as they meet Army minimums, which can be years shorter than other services.

The Army’s recruiting goal for fiscal 2005, which begins in October, is about 80,000. Of that number, the Army hopes to recruit at least 8,000 prior-service troops.

(Courtesy of American Forces Press Service)

EAST GATE CONSTRUCTION

Construction is ongoing at the east gate to install barriers and continue construction of a temporary road. Weather permitting, this project is projected to be complete within a total of 30 days. The installation of the barriers will require traffic detours and extreme caution is advised.

GATE HOURS DURING HARMON DRIVE CONSTRUCTION

MAIN GATE/HARMON DRIVE

- Monday through Friday two lanes inbound from 6 a.m. to 1 p.m.
- Monday through Friday two lanes outbound from 3 p.m. to 6 p.m.
- Closed all other times including weekends, holidays and family days

SOUTH GATE (Two way traffic)

- Monday through Friday 6 a.m. to 6 p.m.
- Closed weekends and holidays

EAST GATE (Two way traffic)

- Monday through Friday 6 a.m. to 10 p.m.
- Saturday 9 a.m. to 10 p.m.
- Sunday and holidays 9:30 a.m. to 10 p.m.

WEST GATE (Two way traffic)

- 24-hour operations, seven days a week
- Commercial vehicle entrance

HIGH SCHOOL GATE

- Closed

Award

Continued from Page 1

be baled and ends up in landfills, thus contributing to the environmental problems and base solid waste disposal costs.

Mr. Wildie's programs resulted in significant improvements in the base recycling efforts, according to base officials. During 2003, the recycling program processed 5,859,531 pounds of materials, a 118 percent increase over 2002, and 53,750 gallons of recyclable liquids such as used oil and antifreeze, a 148 percent increase over the previous year.

Even more significantly, the recycling programs saved Randolph more than \$315,700 in avoided landfill and refuse disposal fees. "Getting people to recognize that cost avoidance in potential waste disposal costs is one of the up hill battles many environmental managers face," Mr. Wildie said.

During the first three quarters of fiscal year 2004, the recycling programs have already saved the base more than \$422,000.

"This award recognizes the high caliber recycling program that has developed here under Mr. Wildie's leadership," said Col. Joseph Schwarz, 12th Mission Support Group commander. "Beside being responsible stewards of our natural resources, the cost savings are an added benefit that make other

projects possible for the entire Randolph community."

"Recycling is a true team effort," the colonel continued. "This award really recognizes the effort of every one on base. I applaud the entire Team Randolph effort and congratulate every member on this accomplishment."

Closing the Circle Awards are part of the President's program to raise awareness of the need for environmental management. Executive Order 13101, signed September 14, 1998, established the program and requires every department in the executive branch of government to implement programs for better management of the environment. "Closing the Circle" refers to the symbol for recycling that appears on many consumer products.

COMMANDER CONNECTION

This column is intended to unofficially introduce new unit commanders to the base community.



Lt. Col. George Trumball
563rd Flying Training Squadron commander
Key to success in the Air Force:

"Take personal responsibility when things go wrong and share the credit for success with everyone in the room."

Hometown:
Pinellas Park, Fla.

Vision for the unit:
Continue to provide the Air Force with the best electronic warfare officers in the world.

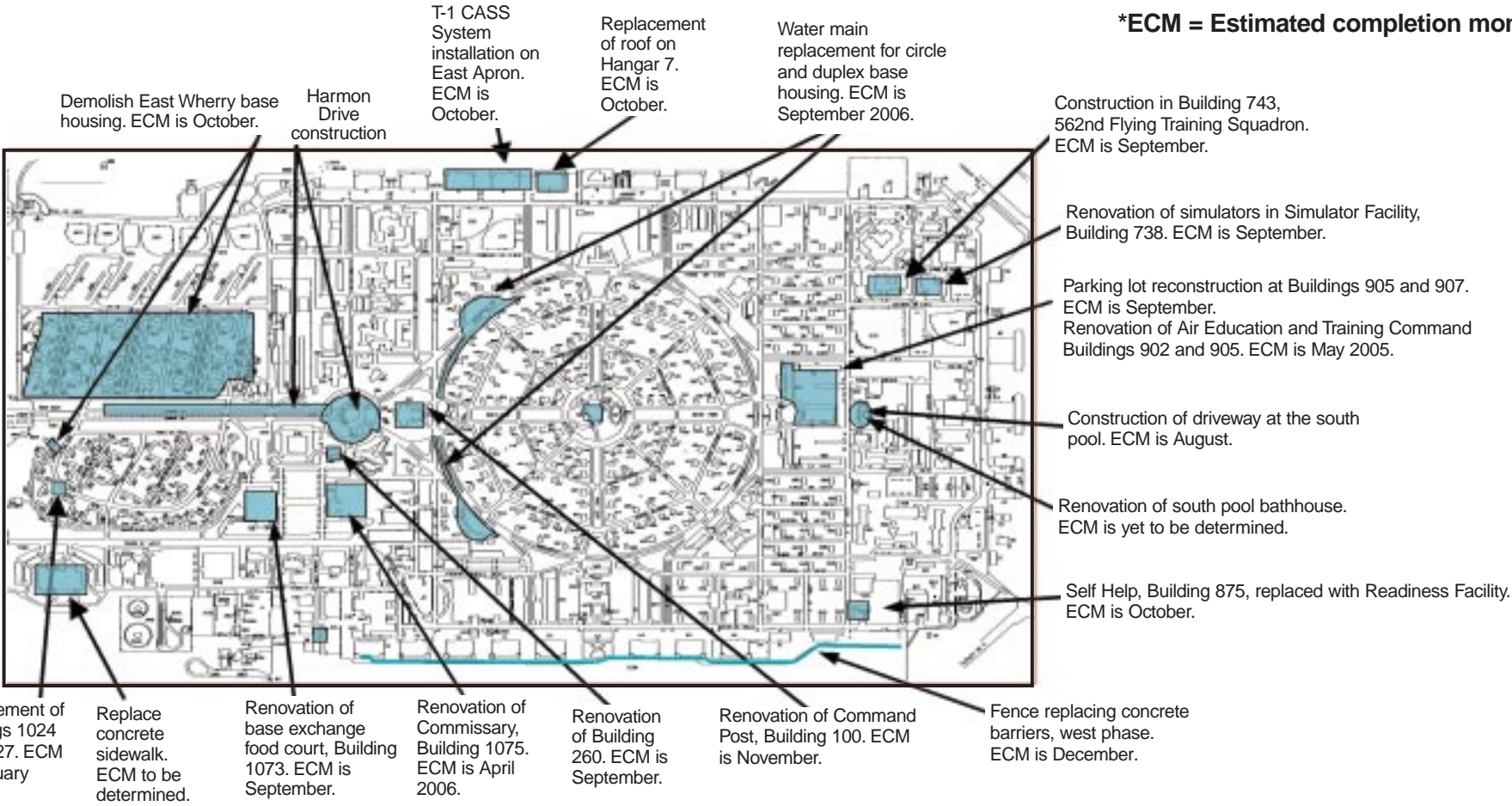
Previous assignments:
CENTCOM, McDill AFB, Fla.
Air Command and Staff College
Riyadh, Saudi Arabia

Most memorable Air Force experience:
Flying in combat and realizing how much I owed to all the instructors who took a liberal arts major and transformed him (into a pilot).

CONSTRUCTION

ORNER

***ECM = Estimated completion month**



Special Note 1: Renovation of Harmon Drive to include Washington Circle is in progress. It is open to inbound traffic only from 6 a.m. to 1 p.m. and outbound traffic only from 3 p.m. to 6 p.m. Monday through Friday only.

Additional renovation: Phase 1 of 3 of the reconstruction of Lower Seguin Road is in progress. This phase includes the closing of Woman Hollering Creek Bridge. The South Gate remains accessible by way of Loop 1604. Phase 1 should be complete this fall.

WHMC, BAMC promote breastfeeding awareness

National campaigns educate on health benefits of breast milk

By Karen Haveman
59th Medical Wing Pediatric Flight

The Wilford Hall and Brooke Army Medical Center Breastfeeding Working Groups are promoting the health benefits of breastfeeding in August. Table and poster displays, informational booklets and presentations will be given throughout the month.

These activities coincide with the Department of Health and Human Services, The United States Breastfeeding Committee and the World Health Organization national campaigns to educate the public on the benefits of breastfeeding.

Breast milk contains valuable antibodies from the mother that can help the baby fight off infections. The message is clear; babies who are breastfed are less likely to develop a variety of acute and chronic diseases including diarrhea, ear and respiratory infections, colic and obesity.

Breast milk is the perfect nutritional source for infants. It contains appropriate amounts of carbohydrates, protein and fat. Additionally, it provides digestive enzymes, minerals, vitamins and hormones that all infants require.

Research has also shown decreased rates of premenopausal breast cancer and ovarian cancer in women who have breastfed.

A study published in the May issue of Pediatrics shows a small, but significant, association between breastfeeding and a decreased risk of death in infants between 28 days and 12 months of age. A second study published in

Diabetes/Metabolism Research and Reviews shows that longer, exclusive and total breastfeeding appear to be an independent protective factor against type 1 Diabetes.

These and numerous other studies clearly show that breastfeeding is an important public health initiative, one that significantly impacts both women and children. The breastfeeding goals of Healthy People 2010, a national health promotion and disease prevention initiative, are to increase breastfeeding rates and durations by encouraging the cooperation of every individual who influences a mother's decision to breastfeed – employers, co-workers, child care workers, health care providers and policy makers.

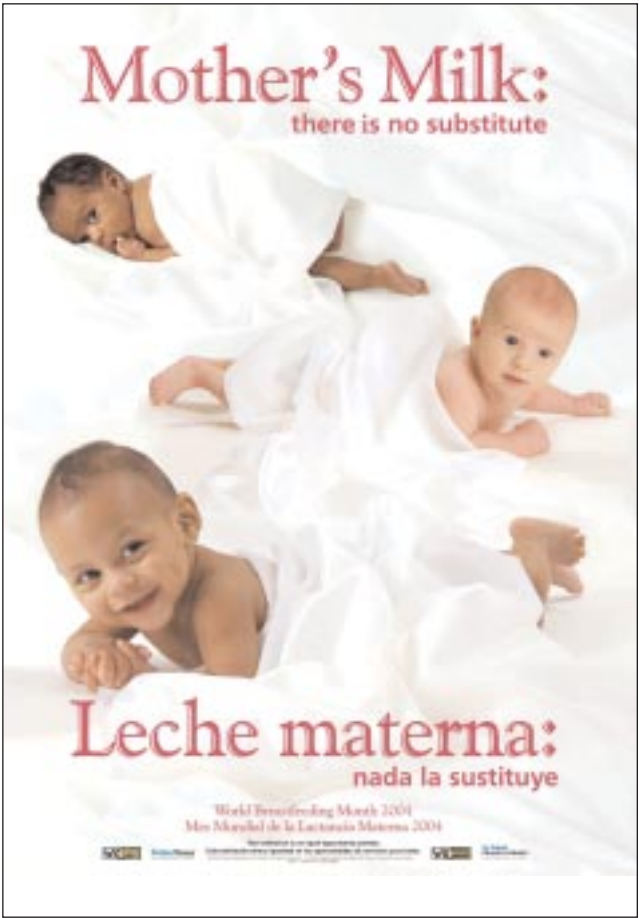
Breastfeeding classes for expectant parents are taught every month and interested parties can call the WHMC pediatric clinic at 292-6644, or the BAMC pediatric clinic at 916-3206 to schedule a class.

The WHMC/BAMC breastfeeding-working group is comprised of physicians, nurse practitioners, clinical nurse specialists, nurses, dietitians and lactation consultants.

Breastfeeding support groups, led by lactation consultants, meet at BAMC weekly and at WHMC monthly.

Lactation consultations are available for outpatients by contacting the Pediatric clinics (BAMC and WHMC) or by calling 292-6452.

Interested parties are encouraged to stop by the Nutritional Medicine, Obstetrics and Pediatric clinics for pamphlets, schedule of classes and further information.



— Candle safety stressed for Randolph residents

By Jennifer Valentin
Wingspread staff writer

Air Education and Training Command housing has had three fires in 2004 due to improper candle use.

“Using candles improperly is among the top causes of fires in AETC housing,” said Daniel Vandergriff, 12th Civil Engineer Squadron fire inspector. “There is no reason that it should be this way. This is easily preventable.”

The biggest problem with prevention of fires caused by candles is that no one expects it to happen to them, said Mr. Vandergriff.

“People think it can never happen to them, and that it always happens to the neighbor across the street or the family in the news report,” Mr. Vandergriff said. “Unfortunately, reality begs to differ.”

According to fire department officials, candles should never be left unattended. Unfortunately, few people leave them burning intentionally, they usually just forget they left them lit.

“Candles don’t have a warning system to let you know they are still burning when you leave the house,” said Mr. Vandergriff. “They don’t have an automatic shutoff like your coffee pot. Candles need to be put out as soon as you leave the room or the house.”

Candles should be placed in a secure holder and on a solid surface to prevent tipping, according to fire department officials.

Glass candleholders are also potential problems. Overheated glass sometimes breaks. As the candle burns close to the glass holder, they can become overheated and shatter, possibly getting hot glass and wax on

nearby combustibles. When the candle burns within two inches of the glass holder, the flame should be extinguished, the candle should cool over night and then be thrown out, said fire department officials.

Mr. Vandergriff added that children should not be left alone in a room with lit candles, and that the tools used to light candles, such as matches or lighters, should be kept out of reach.

On base, candles are prohibited in dormitories, unaccompanied housing, Temporary Lodging Facilities, businesses and mercantile occupancies.

“Fire safety is everyone’s responsibility and it makes Randolph a better place to live and work,” said Mr. Vandergriff.

For more information about candle safety, or any other fire prevention topics, call the fire prevention office at 652-6915.



Air Education and Training Command housing has had three fires in 2004 due to improper candle use. (Courtesy photo)

Crib safety tips offered from CDC

By Jennifer Valentin
Wingspread staff writer

Sudden infant death syndrome, also known as crib death, is the number one cause of death for infants one month to one year old, according to the Healthy Child Web site.

To help make parents aware of the importance of crib safety, the Randolph Child Development Center Annex offers the following tips:

First, when setting up a sleeping environment for a baby, ensure the crib meets current safety standards and that it has a firm, tight-fitting mattress. Soft bedding and pillow-like items should not be placed in the crib. Also, cribs should not have openings in the foot board or head board where a child’s head can become trapped. The slats in the crib should be no more than two and three-eighths inches apart.

According to CDC annex officials, all of the center’s cribs are purchased using the guidelines set in the Caring for Children National Health and Safety Performance Standards.

“We always make sure the cribs we purchase are 100 percent safe for babies,” said Femi O’Grady, CDC annex director.

Cribs must be either metal or wood and have secure locking devices, said Ms. O’Grady.

“We also always check cribs to see if there are loose or missing pieces, before they are assembled,” said Ms. O’Grady.

“After we set up the cribs and use them for a while, we check them frequently to ensure the hardware on the crib is still safe,” said the director.

Ms. O’Grady added that small objects, including tiny toys and balloons, should be kept away from babies.

“Children can easily put these items in their mouths and choke on them,” she said.

“We strive to make the CDC environment as safe as possible for the babies because they are depending on us for their safety,” said Ms. O’Grady. “Babies are not able to change their environment, so we have to change it for them, for the better.”

For more information on baby safety, call the CDC annex at 652-1140.



Lavetta Adams, Randolph Child Development Center Annex, safely puts a child in a crib at the annex. (Photo by Caitlin Belue)

Blue for two

Father, son make Air Force family tradition

By Staff Sgt. Scott Sturkol
319th Air Refueling Wing Public Affairs

GRAND FORKS AIR FORCE BASE, N.D. – Staff Sgt. Cy Eckhardt and his father, Capt. Troy Eckhardt, have more in common than just their family connection. Both Eckhardts are fliers and both love the Air Force.

Sergeant Eckhardt is a KC-135R Stratotanker boom operator with the 906th Air Refueling Squadron, and his father is a T-1 Jayhawk pilot with the 99th Flying Training Squadron at Randolph AFB, Texas.

Captain Eckhardt said his son looked to follow in his footsteps at an early age.

When Sergeant Eckhardt was about 5 years old, his father said he took some photos of his son looking out the window of a KC-135A at Wurtsmith AFB, Mich., where Captain Eckhardt was a KC-135A pilot at the time. That is when the captain said he saw the writing on the wall for his son to follow him into the Air Force and the flying business.

“I’ve got photos of Cy looking out the window of that tanker with a big smile on his face,” Captain Eckhardt said. “Ever since then, it seems his focus was directly on joining the Air Force.”

Sergeant Eckhardt said his father’s influence throughout his life, and his family’s tradition of serving in the military, are reasons why he is a boom operator now.

“If it weren’t for my dad, I wouldn’t be where I am today,” Sergeant Eckhardt said. “My grandfather served in the military so that influence was there as well.”

Besides flying the KC-135A and T-1, Captain Eckhardt has also piloted T-41s, T-37 Tweets and T-38 Talons in his 19 year Air Force career. He said his father, former Army 1st Lt. Gene Eckhardt, served as a tank commander in the Korean War.



Capt. Troy Eckhardt with his son, Staff Sgt. Cy Eckhardt. (Photo by Staff Sgt. Scott Sturkol)

“In essence, we are keeping a military tradition going in the family,” Captain Eckhardt said.

War experience is also no stranger to the Eckhardt family. Besides the Korean War experience of the former Lieutenant Eckhardt, Captain Eckhardt has supported multiple operations in his career, including pulling alert duty during the Cold War era. Sergeant Eckhardt, in his four and a half years as a boom operator, most recently has supported operations Iraqi Freedom and Enduring Freedom as part of the war on terrorism.

It is a sign, Captain Eckhardt said, that shows this family is ready to do their country’s calling, and they are proud to do it.

“It’s an honor and a privilege to serve in the Air Force and the military,” Captain Eckhardt said.

“Having Cy serve in the military at the same time as me is something I am extremely proud of.”

Sergeant Eckhardt said the family-military bond is “somewhat nostalgic.”

“It’s odd to be in a career where people knew me when I was young,” Sergeant Eckhardt said. “There are times when I

will be deployed somewhere and I will run into someone who knew my dad when he was a tanker pilot and they were stationed with him.

They in turn remember what I was like when I was a child. I guess you could say it has its good points and bad points.”

Both Eckhardts admit they have often met up “on the road,” at Grand Forks AFB or at Randolph AFB, and even other places worldwide. As far as the future of the Eckhardt military family tradition, both hope the family tradition continues.

“Serving in the military is our family heritage and our way of life,” Captain Eckhardt said. “Now it’s up to Cy to keep it going.”

Sergeant Eckhardt agrees.

“I’ll go as far as I can in the military and if someday I get married and have children, it would be nice to see one of them carry on the tradition,” he said. (Courtesy of AFPN)





Alene Cooper, a base flight kitchen employee, holds box lunches prepared for the participants of the base deployment exercise. (Photos by Master Sgt. Lee Roberts)

Lunch lady ensures exercise participants eat hearty

By Master Sgt. Lee Roberts
12th Flying Training Wing Public Affairs

Deployment exercise participants last week mobilized and honed their warfighting skills. In the process, they couldn't help but work up a hearty appetite, one that the base's lunch lady took her usual pride in satisfying.

Alene Cooper, who has worked in Randolph's flight kitchen since 1997, routinely prepares 80 to 90 meals daily for flyers on base. But on July 29, she prepared nearly double that to ensure a delicious lunch was available for every hungry Airman involved in the exercise.

"I just wanted to make sure they all had something good to eat," Ms. Cooper said. "I like it done right. Why would I prepare food for these people I wouldn't eat myself? This is why I put a lot of care into these lunches."

For this exercise, Ms. Cooper served up a choice of ham or turkey sandwiches with condiments, and packed the rest

of the box with fresh fruit, assorted chips, yogurt, candy, gum, juice and soda. An additional snack rounded out the meal.

The numerous goodies seemed to have the pleasing effect Ms. Cooper was hoping for.

Senior Airman Kelly Thomas, 12th Aeromedical Dental Squadron and exercise participant, said she loves the box lunches because they are fresh, healthy, tasty, not to mention convenient.

"When I'm involved in an exercise I usually have to report to work very early. The last thing I'm thinking about is packing a lunch," Airman Thomas said. "So when I get hungry my box lunch sure hits the spot. It's full of variety and includes lots of goodies. They're delicious!"

Olga Johnson, the morning supervisor and assistant project manager for Training Rehabilitation and Development Institute Inc. (the contractor operating the dining facility), said, "For all of us, but especially for her,

these exercises are real. She takes pride in delivering tasty lunches to the troops in the field."

Ms. Johnson said Airmen expect great food during exercises and they get it because Ms. Cooper is in full control of the flight kitchen.

"She is a very organized person and takes pride in what she's doing," Ms. Johnson said. "She goes out of her way to make sure box lunches are ready. The customer calls, tells her what they want... and it's as good as ready."

Ms. Cooper said that her coworkers at the dining facility also share in her desire to provide great food, and they often assist her with food preparation when she's heavily tasked.

But Ms. Johnson said that Ms. Cooper deserves most of the praise for the great box lunches.

"She just happens to also be good about sharing her knowledge with and involving other food service workers. She doesn't really need any help," Ms. Johnson stressed. "She's that good."



(Left) Alene Cooper prepares box lunches in support of the deployment and contingency exercises July 29.
(Right) Ham and cheese sandwiches are being prepared for box lunches.





Master Sgt. Joseph DelFrate, 12th Security Forces Squadron, demonstrates M-16 weapon handling and clearing for participants in the base's contingency exercise July 29. (Photos by Master Sgt. Lee Roberts)

Combat ready

Airmen gear up for possible hostilities

By Master Sgt. Lee Roberts
12th Flying Training Wing Public Affairs

More than 50 Airmen geared up for possible hostilities July 29 when the base conducted deployment and contingency readiness exercises. There was no adversary, but the Airmen who participated did get to hone their war fighting skills nonetheless.

The deployment exercise began early in the morning as participants processed through personnel, medical, legal, finance, chapel, family support, traffic management, security, intelligence and readiness stations. At each stop, subject matter experts provided Airmen being deployed with last-minute guidance and assistance.

Staff Sgt. Todd McGinnis, NCO in charge of the wing's personnel deployment facility said from his viewpoint the personnel assigned to the processing line did a great job handling the needs of the Airmen who were processing for deployment.

"Everything went smoothly; we've only had a handful of write-ups," Sergeant McGinnis said, "and they've been things like incorrect dog tags where people hadn't been checking them to make sure the information was current. But there were no show stoppers."

There were quite a few experienced Airmen participating in the exercise, but for a few young troops this experience will prove valuable during upcoming deployments.

For Airman 1st Class Shatoria Davis, 12th Mission Support Squadron Outbound Assignments, this exercise was just her second chance to go through the processing line and first-ever opportunity to participate in a contingency exercise wearing the ground crew ensemble for chemical defense.

"I just recently attained the appropriate job skill level to participate in these exercises, and so I'm new to what happens here in the mobility processing line,

and of course I'm finally getting the chance to practice the skills necessary to survive if I have to deploy," Airman Davis said.

Once all of the participants completed all the necessary processing requirements, they loaded onto a bus and rode to a secluded mock-up deployment site on the east side of the base. After arriving on location, exercise evaluators put the participants through their paces in the contingency portion of the exercise.

Henry King, 12th Flying Training Wing Exercise Evaluation chief, said at this site the Airmen were divided up into three groups, and each simultaneously participated in weapons training, marking unexploded ordnance, and self aid and buddy care exercises. The object of the "ability to survive and operate" scenario was to provide an environment where Airmen's wartime skills and readiness could be examined and evaluated, Mr. King said. "I think most did very well in all three areas, especially handling the M-16 and M-9 weapons."

Also, base officials set up a deployed personnel in-processing center where exercise participants arriving on the site were received. In addition, in-the-field contracting and finance centers were available and their capabilities observed by exercise evaluators.

"This is only the second time in recent history we've done this," Mr. King said. "This is really a wonderful learning experience for people who will have to perform these tasks in the field... they get an opportunity to learn from others who have already deployed and worked and done these tasks in field conditions. Performing these finance, contracting, and personnel tasks in the field really is a great learning tool for those involved. It's also a welcome improvement to our exercise program."

Mr. King added that the exercise evaluation team is taking a very close look at the exercise findings and will use the results to fine tune its processes next time there are deployment and contingency exercises.



Tech. Sgt. Quinette Hall, 12th Comptroller Squadron, processes through the mobility line during a base deployment exercise July 29.

And the winner is... AFPC defeats AFRS 16–13 for softball title

By Staff Sgt. Lindsey Maurice
12th Flying Training Wing Public Affairs

The Air Force Personnel Center claimed its third Randolph Intramural Softball Championship title in four years Tuesday night, defeating the Air Force Recruiting Service 16-13.

“We came out strong tonight,” said AFPC coach Rob Thomas. “Whenever we needed big hits, the guys came through. They stayed focused, remembered the fundamentals and hit the ball hard. They earned this.”

AFPC took an early 4-1 lead in the bottom of the first inning, which included two home runs from JT Taitano and Rick Thompson.

But the recruiters answered back quickly, pounding out five straight RBI singles, followed by a three-run home run from Brian Huff in the second inning.

The personnelists closed the deficit in the bottom of the second with two RBI singles and a sacrifice fly from Taitano for two more runs.

AFPC regained the lead in the bottom of the fourth with an RBI single followed by a two-run double from Stephen Shorthand, who blasted a drive down the left field line.

The recruiters plated two more runs in the top of the fifth only to be answered by a two-run single from AFPC’s Eric Furlow and a run-scoring triple from Tony Taylor in the bottom of the fifth to go up 16-12.

AFPC’s defense secured the team’s victory in the top of the sixth, catching two fly balls to center field and getting a tag out at third to keep the Recruiters at bay.

“It was a good game tonight,” said AFRS coach Richard Boshart. “Our guys played hard and gave it their all. AFPC had good defense and timely hits. It was a good team to play for the title.”

AFPC players included: Furlow, Taitano, Taylor, Thomas, Thompson, Shortland, Bruce Tarpey, George Macalusco, Jimmy Warren, Marc Georgeff, John Terry and Mike Obregon.

AFRS players included: Huff, Boshart, Tommy West, Jeremy Harris, Jerry Coburn, Jim Miller, Larry Gonzales, Gary Quesenberry, Bob Pope, Kirk Clement, Randy Campbell, Jay Pascal, Johnathan Gilliard, Greg Destefano and Gary Kirk.



Air Force Personnel Center’s Marc Georgeff slides safely into home plate as the throw gets away from Air Force Recruiting Service’s Jim Miller. (Photos by Steve White)



Air Force Personnel Center’s Rob Thomas aims for the fences Tuesday night during the base intramural softball championship game.



(Top right) Major Gen. Anthony Przybyslawski, Air Force Personnel Center commander, poses with the 2004 Randolph Intramural Softball champions – AFPC. The team defeated the Air Force Recruiting Service 16-13 Tuesday night for the title.

Randolph women selected for AETC marathon team

By 2nd Lt. Amber Millerchip
Air Education and Training Command
Public Affairs

Four women, three from Randolph Air Force Base, were selected recently to represent Air Education and Training Command at the 2004 Air Force Marathon in September.

Maj. Jennifer Kilbourn, AETC inspector general's office; Capt. Jenise Carroll, AETC commander's action group; Capt. Cilla Peterek, Defense Language Institute at the Presidio of Monterey, Calif.; and 1st Lt. Alejandra Czerniak, 12th Mission Support Group, will compete Sept. 18 in the open women's relay.

"AETC is trying to lead the way when it comes to training and fitness, since we are responsible for the new recruits of the Air Force. Everything starts here with the first command," said Captain Carroll, the team's captain.

The women were chosen based on prior experience and fastest times, said 2nd Lt. Adam Vaccarezza, AETC Fitness and Sports Program chief. AETC Services is sponsoring the team and will pay the team's entry fee, travel and lodging expenses and daily maintenance fees.

The Air Force Marathon, always held on the third Saturday of September in honor of the Air Force's Birthday, had more than 3,500 participants last year. The course is 26.2 miles. Each member of the



(Left to right) 1st Lt. Alejandra Czerniak, 12th Mission Support Group, Capt. Jenise Carroll and Maj. Jennifer Lynn Kilbourn, Air Education and Training Command, work out near the Randolph flight line in preparation for the 2004 Air Force Marathon. (Photo by Bob Hieronymus)

women's team will run one leg of the relay, with the longest leg about 7.7 miles.

Running a marathon leg is totally different from running 26.2 miles by oneself and requires a totally different strategy, Captain Carroll said. Each runner's goal is to sprint her entire leg.

"You can give it your all for 7 miles," Captain Carroll said. "Instead of running the marathon at an 8 minute per mile pace, one can cut seconds off each mile for that short distance."

All marathons are not alike, the captain said. The race depends on the terrain of the course: the asphalt, the downhill and uphill, altitude, time of year and time of day. All these factors should be considered when preparing for a race, especially when deciding who runs which leg, she said.

"The first runner sets the pace for the next three legs," Captain Carroll said. "Our goal is for her to start off with the lead and pass it off to our next runner and so on."

Each team member is training for her particular portion of the course. Major Kilbourn will begin the race (5 miles), followed by Captain Carroll (7 miles), Lieutenant Czerniak (7.5 miles) and Captain Peterek (6.7 miles).

Because not all the women are here at Randolph, training is done on an individual basis, Captain Carroll said. As a result, each woman is competing in local road races to prepare.

"These local races can help runners feel less intimidated at the marathon," she said.

The same difference in training levels for a relay versus a marathon is also required regarding mileage and speed, Captain Carroll said.

"You don't have to run 20 miles when you are only going to run 7 miles in the race," Captain Carroll said.

Speed training is also a huge strategy, the captain said.

"You push yourself to another level with speed training," Captain Carroll said. "Everyone on my team can go the distance. We've all run a full marathon under four hours, which is a really good time for a marathon. However, the speed training will help us run our individual leg faster."

Upper body strength is another factor, Captain Carroll said. "You may have very strong legs, but if you are getting really tired, your upper body takes you to the next level. It really helps you at the end when you are coming in full throttle to cross that line or get to that relay mark in our case."

Hole in one!



Wayne Cooper, Air Force Security Assistance Training Squadron, poses with his six iron and ball on hole three of the Randolph Oaks Golf Course. Mr. Cooper shot a hole in one there June 22. His grandson, Josh Contreras, and friends, Gregg Jones and Clay Kauha, witnessed the 167-yard shot. (Photo by Staff Sgt. Lindsey Maurice)

Send sports and fitness submissions to wingspread@randolph.af.mil

SPORTS SHORTS

Bench press contest

The next Fort Sam Houston Bench Press Contest begins at 10:40 a.m. Saturday at the Jimmy Brought Fitness Center. Weigh in is from 9:30 to 10 a.m. The cost is \$20 and the competition is open to people age 16 and older. Participants can download a registration form at www.portsamhoustonmwr.com by following the recreation and fitness link to the "fitness for your health" or by visiting the Jimmy Brought Fitness Center.

For more information, call 221-2020.

Men's softball tournament

The fitness center hosts a men's softball six-team double elimination tournament Aug. 13 to 15. The varsity rules of the American Softball Association apply and first and second place trophies are awarded. The entry fee is

\$150 per team with 15 players allowed on each team.

For more information, call 652-5316.

Family golf special

The Randolph Oaks Golf Course offers a family special Monday through Friday after 6 p.m. Adults can golf for \$2 and children for \$1.

For more information, call 652-4653.

Bike race

The fitness center hosts a 10-mile bike race Aug. 26 starting at 2 p.m. Pre-registration begins Aug. 23 and on-site registration is available from 1 to 1:45 p.m. the day of the race. There is no entry fee and the race is open to all ages. There will be male and female categories and first

and second place awards for each category. For safety reasons, helmets are required and all riders should bring water bottles.

For more information, call 652-5316.

Discounted golf

Now through Sept. 30, base golfers receive \$4 off the Randolph Oaks Golf Course regular rates and \$2 off its "twilite" rates. Also, those members who have annual fee cards that are good through this time frame receive a two-month extension on the expiration date. (Dec. 31 through Feb. 28) at no extra charge.

The discounts are due to the inconveniences customers may experience during this time due to course reservations.

For more information, call 652-4653.